

# Public Health – Aug 2023

## HYPN Supportive document

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# Health Protection update

## Back to school

- Starting or returning to nursery or school is an exciting time for all children. As they will be mixing with lots of children, making sure they are up to date with their routine immunisations gives them the best protection from infectious diseases.
- UKSHA has produced reminder postcards, which can be sent or given to parents whose children are due to start or return to school in the autumn term, or nursery. There are also posters that can be used in children's settings. There can be many reasons why children have missed out on their vaccines.
- Reminding parents now and before their children start or return in September gives them time to prioritise making appointments for their child to catch up with their pre-school booster, MMR and make sure they know the signs and symptoms of meningitis and septicaemia.

## Useful resources

- [Resources for starting or returning to nursery or school - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

UK Health Security Agency

**Starting nursery?**

When your child starts nursery they will be learning and playing with more children. If they are not up to date with their jabs, they could be at risk of catching preventable diseases.

- ✓ Visited the nursery
- ✓ Settling in sessions
- ✓ Check vaccines are up to date

Pre-school jabs include:

- MMR1 at 1 year
- MMR2 at 3 years 4 months
- Booster at 3 years 4 months



UK Health Security Agency

**Starting a new school?**

Your child will be learning and playing with more children when they start their new school and could be at risk of catching preventable diseases if they haven't had all their childhood jabs.

- ✓ Buy uniform
- ✓ Get school shoes
- ✓ Check pre-school jabs are up to date

Pre-school jabs include:

- 2nd dose of MMR
- 4 in 1 Pre-school booster



UK Health Security Agency

**Starting a new school?**

Your child will be learning and socialising with more children when they start their new school and could be at risk of catching preventable diseases if they haven't had all their childhood jabs.

- ✓ Buy uniform
- ✓ Get school shoes
- ✓ Check primary school jabs are up to date

Primary school jabs

- Diphtheria, tetanus, pertussis and polio (4 in 1 booster)
- Measles, mumps and rubella (2nd dose of MMR)



# NHS England Children and Young People's Mental Health: Early Intervention and Prevention Programmes.

## Learning from the literature.

[Healthy Young People's Network \(HYPN\) Milton Keynes Research and Resources | Milton Keynes City Council \(milton-keynes.gov.uk\)](#) in PH CYP Supportive Documentation section

<https://www.milton-keynes.gov.uk/file/13064/download?token=jeuJALhp>

# Love exploring

## MKCC School Explorers - Summer Holiday Competition 2023

**What?** All Milton Keynes **Primary** school pupils and their families are invited to take part in the FREE School Explorers competition using the Love Exploring App. Take your family on a **dinosaur safari** or hunt the **mega mini beasts** this summer! There lots of games and trails to choose from across MK parks so **don't miss out!** Earn points for your school: 1 point for every 100m walked in the games or trails, 3 points for a correct quiz answer, 1 point for an incorrect quiz answer. **The more you play - the more points you earn for your school to keep them at the top of the leader board!**

**Why?** This is an opportunity for families to have some fun and get active over the summer break by exploring MK's Parks and learn a few fun facts along the way.

**When?** The competition is played over the summer holidays between 22nd July to 4th September.

**Get involved?** To play Parents/ Caregivers just need to download the FREE Love Exploring app to their mobile device and sign up. Then just link your user account to your child's Primary School and earn points when you play.

**Its easy to link your user account to your Childs primary school:** In the app select the menu icon in the top right-hand corner. Choose 'school explorers'. Choose 'link to my account'. Choose Milton Keynes and then the name of your Primary School. Simply [download](#) the Love Exploring app on your smartphone, select a local park or visitor attraction and scan away using the camera on your device.

**Link to more information <https://www.milton-keynes.gov.uk/health-and-wellbeing/love-exploring>**

## Useful links and information

Tips for dealing with back-to-school anxiety Found on page: [/young-person/blog/tips-for-dealing-with-back-to-school-anxiety/](#)

School anxiety and refusal Found on page: [/parent/a-z-guide/school-anxiety-and-refusal/](#)

[How you feel matters in Milton Keynes | Milton Keynes City Council \(mksendlocaloffer.co.uk\)](#)

# Thank you!

If you would like any further information,  
please contact:

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 **Milton Keynes**  
City Council

Public Health:  
Working together to improve the health  
and wellbeing of our communities